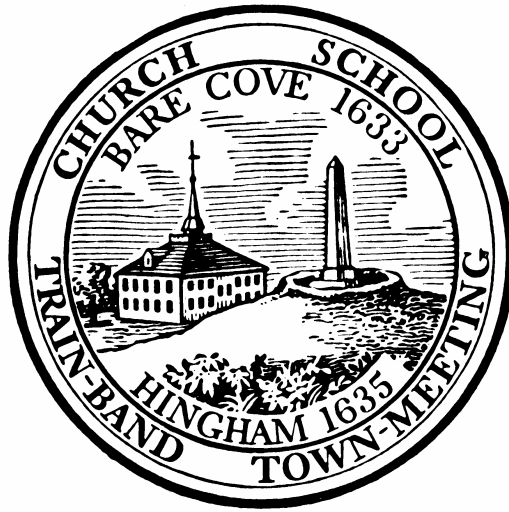


# RECREATING RECREATION

*2006 - 2007*



**Town of Hingham**  
**Recreation Commission**  
210 Central Street  
Hingham, MA 02043

NONPROFIT ORG.  
U.S. POSTAGE  
PAID  
Permit No. 46  
Hingham, MA

**RESIDENTIAL CUSTOMER**  
**HINGHAM, MA 02043**

Hingham Public Schools  
Hingham, MA 02043

**TOWN OF HINGHAM RECREATION DEPARTMENT  
REGISTRATION FORM**

**One form per participant – Please print clearly – Include all requested information**

Participant Name: \_\_\_\_\_ Age: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade (06/07): \_\_\_\_\_

Address: \_\_\_\_\_ Telephone: \_\_\_\_\_

Mother's Name: \_\_\_\_\_ Work/Cell Telephone: \_\_\_\_\_

Father's Name: \_\_\_\_\_ Work/Cell Telephone: \_\_\_\_\_

Emergency Contact Name (NOT parent/guardian): \_\_\_\_\_

Emergency Telephone: (NOT home/work telephones): \_\_\_\_\_

Medical Condition(s) / Allergies: \_\_\_\_\_

My child may be released to either parent: Yes [ ] No [ ] (If "NO" legal document must be on file in rec office)

**PROGRAM**

**SESSION**

**DAY**

**TIME**

**FEE**

**FOR OFFICE USE ONLY**

Date Received: \_\_\_\_\_ Payment Type: Cash \_\_\_ Check # \_\_\_\_\_ Payment Amount: \_\_\_\_\_ Received by: \_\_\_\_\_

**Parental consent, release from liability and indemnity agreement**

I or I/We \_\_\_\_\_, the participant or the parent(s) / guardian(s) of the minor \_\_\_\_\_ participant (the "registrant"), give permission for the registrant to participate in programs sponsored by the Town of Hingham Recreation Department. I/We understand that the Hingham Recreation Department will provide supervision for the safety and well being of the registrant and I/We agree that the registrant will abide by the rules of the Hingham Recreation Department and the Town of Hingham and follow the instructions of all supervisory staff, including sponsors, employees, volunteers and other personnel.

I/We recognize the risk of injury or accident related to the activity. I/We also acknowledge that the registrant may not participate in the activity unless I/We waive claims, which I/We may have arising from the registrant's participation in the activity. I/We agree to forever RELEASE the Town of Hingham, a municipal corporation of the Commonwealth of Massachusetts, and all their employees, officers, agents, board members, volunteers and any and all individuals and organizations assisting or participating in voluntary athletic or recreation programs of the Town of Hingham ("the Releasees") from any and all claims, actions, rights of action and causes of action, damages, costs, loss of services, expenses, compensation and attorney's fees that may have arisen in the past, or may arise in the future, directly or indirectly, from known and unknown personal injuries to myself, my child or property damage resulting from myself or my child's participation in the Town of Hingham's voluntary athletic or recreation programs which I/We may now or hereafter have as the participant or parent/guardian of said minor child and which said minor child has or hereafter may acquire, either before or after reaching majority.

I/We also promise to INDEMNIFY, REIMBURSE, DEFEND, and HOLD HARMLESS the Releasees against any and all legal claims and proceedings of any description that may have been asserted in the past, or may be asserted in the future, directly or indirectly, including damages, costs and attorney's fees, arising from personal injuries to myself or my child or property damage resulting from myself or my child's participation in the Town of Hingham's voluntary athletic or recreation program(s).

I/We further affirm that I/We have read this Consent, Release from liability and indemnity agreement, and that I/We understand the contents of this agreement. I/We understand that my and/or my child's participation in these programs is voluntary and that my child and I/We are free to choose not to participate in said programs. By signing this Agreement, I/We affirm that I/We have decided to participate and/or allow my child to participate in the Town of Hingham athletic or recreation programs with full knowledge that the Releasees will not be liable to anyone for personal injury and property damage myself and/or my child may suffer in voluntary Town of Hingham Recreation Department athletic or recreation programs. Permission is granted for use of photographs taken in promotional material, which may include but is not limited to flyers, notices, web site and bulletin boards.

**Signed:**

\_\_\_\_\_  
Participant

\_\_\_\_\_  
Parent(s) / Guardian(s) of Participant if under 18

\_\_\_\_\_  
Date

## TOWN OF HINGHAM RECREATION DEPARTMENT

Office Hours: 9AM – 5PM  
Telephone: 781-741-1464  
Facsimile: 781-740-0239

210 Central Street  
Hingham, Massachusetts 02043  
[www.hinghamrec.com](http://www.hinghamrec.com)

**STAFF**  
Kathy Clarkeson, Director  
Mark Thorrell, Youth Supervisor

### COMMISSIONERS

Tom Campbell, Chairman~Cheryl Alexander Bierwirth, Vice Chair ~ Kristen Parnell, Secretary  
Frank Jones~Robert Keyes

**THE RECREATION OFFICE WILL BE CLOSED MONDAY & TUESDAY SEPTEMBER 25 & 26  
TO ALLOW FOR THE STAFF TO ATTEND THE ANNUAL  
MASSACHUSETTS RECREATION AND PARK ASSOCIATION CONFERENCE**

### REGISTRATION INFORMATION

**WALK IN BEGINS:** Saturday September 23, 2006 @ Recreation Center 8AM – 11AM  
**WALK IN CONTINUES:** Wednesday September 27, 2006 @ Recreation Center Office 9AM – 5PM  
**MAIL IN BEGINS:** Wednesday September 27, 2006  
**NON-RESIDENTS:** Wednesday September 27, 2006 on a space available basis after all residents

**All mailed in registrations will be processed in the order in which they were received  
after all walk-in registrations have been processed beginning Wednesday September 27, 2006**

### PLEASE MAKE ALL CHECKS PAYABLE TO: Hingham Recreation

- Registration deadline is one week (7 days) prior to the scheduled start of a program.
- Non-residents may register beginning Wednesday September 27, 2006. Non-resident registrations are processed on a space available basis after all residents are registered
- If you cannot be able to make it during registration, a neighbor, friend or family member may register for you. You may register no more than 2 families including your own.
- All children must meet age/grade requirements before the start of the program.
- Registrations will be processed upon receipt of a completed registration form and payment.
- Check(s) / Money Orders are required for payment. Cash is no longer accepted.
- All registrations will be accepted on a first come, first registered basis.
- Registrations will continue until programs are filled.
- The Recreation Department reserves the right to consolidate, postpone, or cancel a program/trip for any reasonable cause. We otherwise have a **NO REFUND** policy.
- **NO CONFIRMATIONS ARE SENT** - Please note all information on your calendar.
- You may call the Office to confirm your mail-in or drop-off registration(s).
- Proper behavior in Recreation Department programs is expected at all times. If improper behavior cannot be corrected after the first occurrence, then parents will be notified that the child will have to be excused from further Recreation Department programs.
- The Town of Hingham does not provide accident or hospitalization insurance for any program participants. Therefore, all participants are strongly advised to have adequate personal coverage. Participation in all department programs and events shall be at the registrant's own risk.

**ALL PROGRAMS WILL BE HELD AT THE RECREATION CENTER  
AND BEGIN THE WEEK OF OCTOBER 2, 2006  
UNLESS OTHERWISE NOTED**

### DON'T LET A GOOD PROGRAM DIE

Nothing kills a good program quicker than waiting until the last minute to register.  
Any program under-enrolled one-week prior to the start date will be cancelled.  
Calls and registrations received after the registration deadline cannot reactivate a cancelled program.  
*Please register early!*

# YOUTH PROGRAMS

**POWER KIDS:** Join certified personal trainer for this 8-week outdoor power program. Athletes and non-athletes alike will work on power, strength and endurance. Moves will include squats, power jumps, sprint sets and balance moves. Join us to increase athletic skills or just to keep moving! In the event of inclement weather, a make-up class will be scheduled. **FEE: \$56**

Coordinator: Barbie Collins

Eligibility: Grades 6 – 8 Girls      Tuesdays      3:00 – 3:45 PM      Start Dates: 10/3/06 & 4/3/07

Eligibility: Grades 6 – 8 Boys      Thursdays      3:00 – 3:45 PM      Start Dates: 10/5/06 & 4/5/07

**JUNIOR FIT JAM:** This 8-week outdoor fitness class will start with warm-up and stretching followed by light resistance training using body weight exercises. Cardio intervals as well as speed and agility drills will be incorporated into each session. Nutrition, exercise strategies and the importance of a healthy and active lifestyle will be discussed. This class is for children who are healthy and in good physical condition. The instructor is a certified personal trainer. In the event of inclement weather, a make-up class will be scheduled. **FEE: \$56**

Coordinator: Gina Vita      Eligibility: Ages 9 – 12      Days, dates & times to be announced.

**AMERICAN SIGN LANGUAGE:** This 6-week course will introduce the fundamentals of American Sign Language and ready the beginner signer for conversational sign. Participants will learn the importance of understanding Deafness as a culture, not as a disability. This course is perfect for those with little or no signing skills or those who have learned incorrect or “old” ASL. Registration fee includes all materials. **FEE: \$55**

Coordinator: Marianne Molinari

Eligibility: Grades K – 3      Wednesdays      3:00 – 4:00 PM      Start Dates: 10/4/06–1/10/07–4/4/07

Eligibility: Grades 4 & up      Wednesdays      4:00 – 5:00 PM      Start Dates: 10/4/06–1/10/07–4/4/07

**BABYSITTING TRAINING COURSE:** Participants will learn about babysitter basics, child development, nutrition, basic first aid and the responsibilities of a babysitter. The 3-hour course includes a safety session. The program director is a registered nurse and a mother of three children. A certificate of completion will be awarded to each participant. **FEE: \$25**

Coordinator: Kimberly Cleary      Dates: 10/14/06 – 2/20/07 – 4/17/07

Eligibility: Ages 10 & up      Times: 9:00 AM – 12:00 PM

**CALLIGRAPHY:** Learn the Fine Art of Writing in this 8-week program. Emphasize your own style of Italic design while learning the basic technique. Enhance all your artwork and craft projects while improving your penmanship. This is the perfect class for scrapbooking enthusiasts! Fee includes all materials. **FEE: \$99**

Instructor: Robyne Recca

Eligibility: Ages 11 & up      Thursdays      3:45 – 5:15 PM      Start Dates: 10/12/06-1/11/07-4/5/07

**ONE-STROKE PAINTING:** Learn how to paint beautifully, even if you have never painted before in this 5-week course! A One-Stroke Painting certified instructor will teach you how to paint an array of flowers in this beginning class using a hot new technique that has become popular throughout the United States, Canada and Japan. The registration fee includes all materials. **FEE: \$99**

Instructor: Robyne Recca

Eligibility: Ages 11 & up      Tuesdays      3:45 – 5:15 PM      Start Dates: 10/10/06-1/9/07-4/3/07

**CHECKMATES:** Anyone can learn to play chess! It is not as difficult a game as most people think. When taught properly, you can learn the moves quickly and easily. This 6-week program is designed to introduce the beginning player to the game of chess in a fun atmosphere. If there is enough interest, a chess club will be added for those chess players who already have a working knowledge of the game. **FEE: \$30**

Eligibility: Ages 8 & up      Tuesdays      3:30 – 4:30 PM      Start Dates: 10/3/06–1/9/07–4/3/07

**TENNIS:** This program is under the direction of the Weymouth Tennis Club and its staff of Tennis Professionals. This is a recreational program designed to introduce children to the sport of tennis. Children should bring their own racket and one can of unopened balls to the first class. The program will be held at the Plymouth River Elementary School Courts. The fee is per session. In the event of inclement weather a make-up class will be scheduled.

**FEES: Fall \$85 / Spring \$44**

<b>Fall</b>	Ages 7 – 9	Tuesday	4:00 – 5:30 PM	Sept 12-19-26 and Oct 3-10-17
	Ages 10 & up	Thursday	4:00 – 5:30 PM	Sept 14-21-28 and Oct 5-12-19

<b>Spring</b>	Ages 7 – 9	Level 1	Tuesday	3:30 – 4:30 PM	May 1-8-15-22, 2007
	Ages 10 & up	Level 1	Tuesday	4:30 – 5:30 PM	May 1-8-15-22, 2007

	Ages 7 – 9	Level 2	Thursday	3:30 – 4:30 PM	May 3-10-17-24, 2007
	Ages 10 & up	Level 2	Thursday	4:30 – 5:30 PM	May 3-10-17-24, 2007

**WIFFLE BALL:** Come and join your classmates and play this exciting recreational sport! This is a great opportunity to hone your baseball skills in a less competitive environment. Children will learn to throw curve balls, run bases and swing a wiffle ball bat in this 6-week program. Players should bring a water bottle each day as they swing for the fence on Cronin Field.

**FEE: \$30**

Coordinator: Mark Thorell

Eligibility:	Grades 5 & 6	Thursday	3:30 – 4:20 PM	Start Dates:	10/5/06 & 4/26/07
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Eligibility:	Grades 7 & 8	Thursday	4:30 – 5:20 PM	Start Dates:	10/5/06 & 4/26/07
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**SCHOOL VACATION PROGRAMS:** Children enrolled in Grades K – 8 enjoy a variety of action-packed, fun-filled four days of games, arts & crafts, seasonal and holiday projects and MORE! The vacation program runs from 9AM until 3PM Tuesday through Friday during the December, February and April school vacations. The registration deadlines are 12/15/06 – 2/9/07 – 4/5/07.

**FEE: \$100**

**OPEN RECREATION:** The Recreation Center at the Town Hall will be open from 3PM – 6PM seven days a week for “open recreation”. Boys and girls who are at least 8 years old will be able to play games in the gym, use the video games, bumper pool, air hockey, fuse ball, Ping-Pong and pinball games in the Game Room. Enjoy a snack in the booths and relax to the sounds from the CD jukebox. The Center will be supervised by staff and provide a safe, fun atmosphere for the children. Early Release Days the open recreation hours will be from 1PM to 6PM. Children under the age of 8 may not be left at the recreation center without a parent or guardian. Participation is limited to Hingham residents only.

**FEE: Free**

**7<sup>th</sup> & 8<sup>th</sup> GRADE DANCES:** The Recreation Department will host dances for Hingham students in grades 7 & 8 from 7PM – 10PM on Fridays during the school year. Sneakers and school ID is required for admission (no shoes). Appropriate clothing is requested. The dances feature disc jockeys and will be supervised by parents, Recreation Department staff and Commissioners. Participation is limited to Hingham residents only.

Dance Date: 9/29-11/3-12/1-1/5-2/2-3/2-5/4

8<sup>th</sup> Grade Dance 6/1

**FEE: \$10**

**FRIDAY NIGHT LIGHTS:** Who would want to miss the excitement of Open Rec Night for 6<sup>th</sup> graders! Play basketball or free video and arcade games from 6:30 – 8:30 PM. Recreation Department staff and parent chaperones will supervise the children during this unstructured free play time. Pizza, beverages and snacks are included. Advance registration is required for planning purposes.

Dates: 10/13-11/17-12/8-1/19-2/9-3/9-5/11

**FEE: \$10**

**45 CLUB:** The Recreation Center is the place to be for 4<sup>th</sup> and 5<sup>th</sup> graders to enjoy a special edition of Open Rec! Play basketball or free video and arcade games from 6:30 – 8:30 PM. Recreation Department staff and parent chaperones will supervise the children during this unstructured free play time. Pizza, beverages and snacks are included. Advance registration is required for planning purposes.

Dates: 10/20-12/15-1/19-3/16-5/18

**FEE: \$10**

# **SATURDAY SUPER SPORTS**

Youth Supervisor Mark Thorell directs these 45-minute programs for children of all ages on Saturdays throughout the fall season. The philosophy of the program is to encourage a healthy and active lifestyle and to have FUN! The programs will run until 6 sessions have been completed to accommodate for inclement weather cancellations. The fee is per session. Session start date 9/30/06 & 4/28/07 **FEE: \$30**

- 9:00 AM**      **SPORT SKILLS (Grades 2 & 3):** Boys and girls participate in a variety of recreational games and sports. They will learn the importance of being physically fit while practicing sport skills and tactics. Sport Skills is a program that places a high emphasis on having fun while exercising. Participants should bring a water bottle each day to Cronin Field.
- 10:00 AM**      **BASKETBALL “FUN”-DAMENTALS (Grades 4 & 5):** This program is for boys and girls who want to learn, practice and improve all aspects of their game. They may learn new skills and tactics while refining their passing, shooting and dribbling skills. The program emphasis will be placed on development of fundamentals, teamwork and FUN! Participants should bring a water bottle each day to the Cronin Field outdoor basketball court.
- 11:00 AM**      **BEACH VOLLEY BALL (Grades 7 & 8):** This unique program places a high emphasis on basic volleyball skills and tactics. The kids will learn volleyball skills including serving, setting, and bumping. Most importantly, the kids will have fun while being physically active. Participants should bring a water bottle each day to the Cronin Field outdoor court.
- 1:00 PM**      **BEACH VOLLEY BALL (Grades 5 & 6):** This unique program places a high emphasis on basic volleyball skills and tactics. The kids will learn volleyball skills including serving, setting, and bumping. Most importantly, the kids will have fun while being physically active. Participants should bring a water bottle each day to the Cronin Field outdoor court.
- 2:00 PM**      **SPORTS TIME (Grades 1 & 2):** Boys and girls participate in a variety of sports related recreational games. Sports Time is a great program to keep your kids physically active. Participants should bring a water bottle each day to Cronin Field.
- 3:00 PM**      **GRAND SLAM TENNIS BASEBALL (Grades 6 - 8):** Tennis baseball is a exciting game that combines aspects of both tennis and baseball. The children will practice game tactics while scrimmaging versus their classmates. This program will be located on Hailey Field. Participants should bring a water bottle each day.
- 4:00 PM**      **HIGH FLYING ULTIMATE FRISBEE (Grades 9 - 12):** High school aged boys and girls are welcome to play this fast paced exciting game. The emphasis on this program will be to have fun while competing against one's classmates. Ultimate Frisbee incorporates many skills such as throwing, catching, and running. This program will be located on Cronin Field. Participants should bring a water bottle each day.
- 5:00 PM**      **FLAG FOOTBALL (Grades 9– 12):** Boys and girls are welcome to participate in flag football scrimmages. Come and join your classmates at Cronin Field to compete in the fun and exciting game. Participants should bring a water bottle each day.

## **PRESCHOOL PROGRAMS**

**PLAYGROUP:** Parents and children enjoy open recreation for the younger set! The preschool room is open Monday through Friday from 3PM – 5PM for children 5 years and under. The room provides an opportunity for the parent and child to enjoy each other in a safe and fun atmosphere. Participation is limited to Hingham residents only. **FEE: Free**

**SPORTS FUNDAMENTALS:** A certified Physical Education teacher will teach your child the individual skills he or she will use to participate in team sports. Areas covered in this 6-week program include: locomotion skills, hand-eye coordination, striking skills, and rope jumping/rhythmic skills. Each class is limited to ten children. Session start dates: Fall 10/3/06 – Winter 01/9/07 – Spring 04/3/07 **FEE: \$75**  
Coordinator: Mary Anne Schmitt Eligibility: Ages 4 – 6 (Dates and times subject to change)  
Schedule: Tuesday 12:30 – 2:00 PM Wednesday 9:30 – 11:00 AM Thursday 9:30 – 11:00 AM

## **LET IT SNOW! LET IT SNOW! LET IT SNOW!**

*While winter winds blow cold & snowflakes fly, don't sit inside & hibernate, get outside & RECREATE!*

**DRESS YOUR SNOWMAN IN STYLE:** He gets his looks from you! Kit contains everything you need to decorate the perfect snowman including black top hat, red scarf, button nose and two eyes and a mouth made out of coal! All you need is the snow! Snowman kits will be available beginning with the Merchant Association Christmas in the Square on Saturday December 2, 2006 and after the event at the Recreation Department Office. After the first snowfall, bundle up the family and create your snowman on the front lawn. Please send a picture of your snowman to the Recreation Department. (Residents only – One per family) **FEE: Free**

**SKI & SNOWBOARD CLUB:** Students in grades 6 through 12 are eligible to participate in Ski & Snowboard Club trips. Each ski/board trip includes round trip transportation and an unrestricted lift ticket for the entire mountain. Deluxe VCR/DVD equipped motorcoach will depart from the Recreation Center at 5:30 AM and returns at approximately 7:30 PM. Only PG and PG-13 films will be shown. Ski trips are not transferable either to another individual or to another date. Participants must provide their own equipment. The Recreation Department does not provide rentals at the mountain. **FEE: \$75**

Saturday	January 6, 2007	Waterville Valley	Registration Deadline Tuesday January 2, 2007
Saturday	January 20, 2007	Mt. Cranmore	Registration Deadline Tuesday January 16, 2007
Saturday	February 3, 2007	Waterville Valley	Registration Deadline Tuesday January 30, 2007
Saturday	March 3, 2007	Shawnee Peak	Registration Deadline Tuesday February 27, 2007

## **FACILITIES**

**FACILITY & FIELD USE PERMITS ARE AVAILABLE AT THE RECREATION DEPARTMENT**

**BIRTHDAY & SPECIAL OCCASION PARTIES:** Your family can celebrate an upcoming birthday or special occasion for children 7 – 12 years of age in style at the Recreation Center. Enjoy the Game Room with it's Pump It Up Dance Revolution, CD Jukebox, video games, Ping Pong, Bumper Pool, Pin Ball Machines, Bubble Hockey and more. Then play games in the gymnasium. Book early because party dates fill quickly. To reserve a date, fill out a party application and submit a \$50 non-refundable deposit. Parties are reserved for Hingham residents only. Saturdays & Sundays: 12:30 – 2:30 PM or 6:00 – 8:00 PM **FEE: \$100**

**GYMNASIUM RENTAL:** Rent the gym for a family ballgame, class contest or private party. Please contact the Recreation Department for available hours. Sneakers must be worn in the gym at all times. The Recreation Department will provide equipment. No food or drink is allowed in the gymnasium at any time. **FEE: \$25/hr**

# **ADULT FITNESS PROGRAMS**

*Babysitting is available for fitness room members and fitness program participants when school is in session  
Monday – Friday 9:00 AM – 12:00 PM*

**HINGHAM STRIDERS FITNESS ROOM:** The Hingham Striders Fitness Room features top quality commercial-grade aerobic and weight training equipment. The air conditioned Fitness Room is supervised by a member of the Recreation Department staff. Fitness Room membership is available to Hingham residents only. Members must be at least eighteen years of age.

## **Fitness Room Membership Rates**

Yearly - \$125    6 Months - \$85    College - \$75

## **Fitness Room Hours**

Monday-Thursday 6:30 AM-9:30 PM    Friday 6:30 AM-8:00 PM    Saturday & Sunday 8:00 AM-6:00 PM

## **SPINNING ~ PILATES ~ YOGA ~ CARDIO PUMP**

Punch cards for drop in participants are available for class specific fitness programs for a fee of 5/\$40 and 8/\$64  
Completed registration forms are required prior to participation in any fitness program

SPINNING SESSIONS: 1) 9/10/06-11/18/06 ~ 2) 11/19/06-1/27/07 ~ 3) 1/28/06-4/7/07 ~ 4) 4/8/07-6/17/07

FITNESS PROGRAM START DATES: Yoga – 9/11/06    Pilates - 9/11/06    Cardio Pump – 9/12/06

**MAD DOG SPINNING:** The deadline to register for each 10-week Mad Dog Spinning session is one-week (7) days prior to each session start date. Punch-card drop-ins for spinning are allowed any time there is a bike available. Schedule subject to change dependent on minimum participation levels. **FEE: \$70**

Monday				5:00 PM	Barbie Collins
Tuesday	5:45 AM	Adrienne Fowkes	8:30 AM	Sheila Creahan	5:00 PM Gina Vita
Wednesday			8:30 AM	Polly Griffin	5:00 PM Carol Smith-Sloan
Thursday	5:45 AM	Adrienne Fowkes	8:30 AM	Sheila Creahan	7:00 PM Elle Hanson
Friday			9:00 AM	Polly Griffin	
Saturday			8:30 AM	TBA	4:30 PM TBA
Sunday			8:30 AM	Claire Connolly	

**PILATES:** Pilates is a low impact form of exercise designed to increase strength, flexibility, balance and coordination. Participants will learn the fundamentals of Pilates through stretching, core exercises, and overall body conditioning with certified Pilates instructor. All levels are welcome! Exercise mat is required. Punch-card for drop-ins are available at the Recreation Department Office.

Instructor:	Eileen Pouch	Mondays	6:00 – 7:00 PM	
Fall Session (10 weeks):	September 11-18-25	October 2-16-23-30	November 6-13-2	<b>FEE: \$70</b>
Winter Session (8 weeks):	January 8-22-29	February 5-12-26	March 5-12-19	<b>FEE: \$56</b>
Spring Session (8 weeks):	April 23-30	May 7-14-21	June 4-11-18	<b>FEE: \$56</b>

**HATHA YOGA:** Phyllis Cox, Barbara Froio and Eli Walsh, certified Yoga instructors, teach an eclectic class, including but not limited to kripalu, ashtanga, and iyengar techniques. As the student performs a series of “asanas” (postures), coordinated with pranyama (breathing), the mind and body are stretched and relaxed. Yoga practice improves coordination, flexibility, balance and focus, while enhancing self-awareness. The Yoga practitioner emerges feeling calm and relaxed, with a sense of well-being. The class is mixed-level. Punch cards are the method of payment for these drop in classes and available at the Recreation Department Office.

The fee is per class payable through the purchase of punch cards at a cost of 5/\$40 and 8/\$64 **FEE: \$8**

Instructor:	Phyllis Cox:	Monday	9:45 AM	Thursday	9:45 AM
Instructor:	Barbara Froio:	Tuesday	9:45 AM	Tuesday	6:30 PM
Instructor:	Eli Walsh:	Wednesday	6:30 PM		



**CARDIO PUMP:** Join a certified personal trainer for a one-hour full-body cardio and weight training session. Get the benefits of a cardio workout combined with upper and lower body weight training moves. Movements include squats, lunges and overhead presses. Bring your own 3-5 pound hand weights for this must do class! Punch cards are the method of payment for these drop-in classes and are available at the Recreation Office. Instructor: Barbie Collins Tuesday 9:30 AM Thursday 6:00 PM Friday 9:30 AM **FEE: \$8**

**CARDIO DANCE CLASS:** An aerobic workout choreographed to exciting, motivational music in this 8-week program. Join us as we move and groove to your favorite songs. No dance experience is necessary. This program is ideal for all fitness levels and abilities. The one-hour class finishes with stretches and an ab workout. Bring your mat! The fee is per session. Punch-card for drop-ins are available at the Recreation Department Office. Days, dates and times to be announced. **FEE: \$56**

**FITNESS TRAINING:** This 10-week outdoor class is designed to improve cardio-vascular endurance and strength based on jump roping, stairs or hills, squat thrust, lunges, push-ups, skipping/running knees, sit ups, etc. The class culminates on Thanksgiving Day, with all participants running in the Hingham Thanksgiving Day Turkey Trot. Classes run rain or shine. The fee is per session. Session start dates: 9/30/06 & 3/31/07. Instructor: Betsy Callahan Saturday & Sunday 6:00 – 7:00 AM **FEE: \$100**

**ROWING:** Come and join this exciting new 5-week program! Rowing is a great cardio vascular workout with includes lower and upper body muscles. People of all fitness levels are welcome. Bring a water bottle. Session start dates: 10/2/06 – 11/20/06 – 1/8/07 – 2/26/07 – 4/23/07 **FEE: \$35**  
Monday - 6:30 AM Wednesday & Friday - 6:30 AM & 6:30 PM Saturday - 10:00 AM

**TENNIS:** This program is under the direction of the Weymouth Tennis Club and its staff of Tennis Professionals. This is a recreational program designed to introduce entry and beginner level adults to the sport of tennis. Players should bring their own racket and one can of unopened balls to the first class. The program will be held at the Plymouth River Elementary School Courts. Fee is per session.

<b>Fall</b>	Tuesday	4:00 – 5:30 PM	Sept 12-19-26 and Oct 3-10-17, 2006	<b>FEE: \$85</b>
<b>Spring</b>	Tuesday	5:30 – 7:00 PM	May 1-8-15-22, 2007	<b>FEE: \$44</b>

## **PLANNING AHEAD . . . SUMMER 2007**

### **EMPLOYMENT OPPORTUNITIES**

Applications for individuals interested in working for the Recreation Commission next summer will be available in the Recreation Department office January 1, 2007. The application deadline for summer 2007 employment is February 28, 2007. Individuals must meet age requirements prior to the start date of the program. Counselors are required to be at least 16 years

### **NEW NEXT SUMMER! COUNSELORS IN TRAINING PROGRAM**

CIT's are required to be at least 14 years of age

### **SUMMER PLAYGROUND PROGRAM LOTTERY**

- Applications will be available at the Recreation Department Office beginning Friday December 1, 2006
- Mail-in applications postmarked on or after January 1, 2007 will be accepted.
- Applications must be received by January 31, 2007
- Applications must include all information and full-payment
- Lottery results will be posted on Monday February 12, 2007
- Acceptance signatures are required by Friday March 15, 2007
- All unaccepted slots will be filled from the waiting list on a space available basis beginning Monday March 25, 2007

## **SPECIAL EVENTS**

**THE SECRETS OF SALEM SCAVENGER HUNT:** BOO! Sorry to startle you like that, but you might as well prepare now for this “spirited” 2-hour search for the ghosts and historic highlights of this bewitching town. Armed with only a flashlight, on Saturday October 21, 2006 you’ll learn the tales of the restless souls you disturb. If you do this hunt in the darkness, we’ll supply the flashlights and the garlic (to keep evil spirits away, of course). Bus will depart from the Recreation Center at 3:30 PM and return at approximately 8:30 PM. This is a family oriented event and most appropriate for children 7 years and older with a parent. **FEE: \$35**

**HALLOWEEN COSTUME PARTIES:** All witches, ghosts, goblins and a parent are invited to come to the 1<sup>st</sup> Annual Halloween Costume Parties on Friday October 27, 2006 at the Recreation Center. Children will enjoy holiday related activities, games, music and refreshments. The Halloween Parties are funded by the 48<sup>th</sup> Annual Hingham 4<sup>th</sup> of July Road Race. Although there is no fee for this event, registration is required for planning purposes. Costumes and tickets are required for admission. The Registration deadline is Wednesday October 25, 2006. Preschool Party @ 1:00 – 2:00 PM Grades K-5 @ 4:30 – 6:00 PM **FEE: Free**

**CHRISTMAS IN THE SQUARE:** The Recreation Department will be participating in the annual Christmas in the Square event on Saturday December 2, 2006. A variety of holiday related activities and crafts will be organized for the children and families. **FEE: Free**

**MIDDLE SCHOOL HOLIDAY SHOPPING:** The early release day on Wednesday December 6, 2006 is the perfect opportunity to get a head start on your holiday shopping at the Emerald Square Mall in Attleboro. Children enrolled in Grades 6 - 8 depart from the Recreation Center at 1:30 PM aboard a DVD/VCR equipped luxury coach and return at approximately 6:30 PM. DARE Officer Ramsey and Safety Officer Powers will accompany this excursion. Children will be allowed to shop on their own. **FEE: \$30**

**PARENTS DAY OUT FOR HOLIDAY SHOPPING:** Children 6 - 12 years of age will be kept busy with a variety of holiday activities and games on Saturday December 16, 2006 from 9:00 AM until 5:00 PM. Parents enjoy a day of “private” holiday shopping. Fee is for entire day and cannot be prorated. Lunch and snacks will be provided. Registration is limited to Hingham residents only. **FEE: \$25**

**EGG HUNT:** BYOB – Bring Your Own Basket! Children 3 – 6 years of age are invited to the Cronin Field Playground on Saturday March 31, 2007 at 10 AM for the Recreation Department’s Annual Egg Hunt. Children can expect fun and a surprise visitor! All children must be accompanied by an adult. Registration and tickets are required for admission. Participation is limited to Hingham residents only. Tickets are available in the Recreation Department office. **FEE: Free**

**FISHING DERBY:** Celebrate National Fishing Week at the 1<sup>st</sup> Annual Fishing Derby on Saturday June 9, 2007. Grab your fishing rod, bait and a parent and head for Wompatuck State Park. The fishing fun for children 6 – 12 years old (with a parent) is from 8AM until 11AM. This is a catch and release event. Refreshments will be served and prizes will be awarded. Advance registration is not required. No boats permitted. Participation limited to Hingham residents. **FEE: Free**

**EARLY RELEASE DAY ACTIVITIES:** Take advantage of the extra time to enjoy a variety of activities with your school-mates! Bus will depart from the Recreation Center at the designated times.

December 6, 2006	Grades 6-8	Emerald Square Mall	1:30 – 6:30 PM	<b>FEE: \$30</b>
January 3, 2007	Grades 1-8	Carousel Family Fun Center	2:00 – 6:00 PM	<b>FEE: \$20</b>
March 7, 2007	Grades 1-8	Alley Kat Bowling Lanes	2:00 – 4:30 PM	<b>FEE: \$20</b>
May 2, 2007	Grades 1-8	Pilgrim Ice Skating	2:00 – 5:00 PM	<b>FEE: \$20</b>

## **ONE DAY GET AWAYS**

**FREEPORT OUTLETS:** Shop 'til you drop! Get an early start (or finish) your holiday shopping at the outlets in Freeport Maine on Saturday November 4, 2006. Luxury motor coach departs from the Recreation Center at 7:00 AM and returns at approximately 7:00 PM. Fee includes transportation. **FEE: \$45**

**NEWPORT MANSIONS HOLIDAY TOUR:** Come and enjoy the spirit of the holidays at the Newport Mansions on Saturday November 18, 2006. Experience the magnificent Yuletide decorations against a backdrop of inspirational historic architecture, the glitter and the sparkle of silver. Select the best holiday decorating ideas for your home! The tour includes deluxe motorcoach transportation, beverages & donuts on route, admission to 2 historical mansions, ten-mile scenic coastal drive of Newport passing magnificent mansions and harbor. Brunch at the Atlantic Beach Club is included. Time is planned for shopping and browsing the Brick Market Place. Depart at 7:30 AM and return at approximately 7PM **FEE: \$79**

**NEW YORK CITY:** At last . . . a chance for you to get away to New York, New York! The Big Apple! Get an early start on your holiday shopping, spend the day sightseeing, or visit New York's world-class museums. From the world's largest department stores to the finest museums and Broadway, the Big Apple has it all! Depart from the Recreation Center at 6:00 AM on Saturday December 9, 2006 on board a luxury Silver Fox motorcoach. A coffee stop will be made on route. On arrival in New York City, stops will be made at both Rockefeller Center and Macy's. Enjoy your day on your own in the Big Apple. Bus will depart at 6:00 PM arriving back in Hingham at approximately 10:30 PM after a delightful day. **FEE: \$55**

**ROGER WILLIAMS PARK ZOO:** It's a zoo out there! Children accompanied by an adult travel to Providence Rhode Island on Wednesday April 18, 2007 to visit a multitude of critters. Bus will depart from the Recreation Center at 9AM and return at approximately 4PM. **FEE: \$25/Child - \$30/Adult**

**DAFFODIL DAYS ON NANTUCKET ISLAND:** Come celebrate a "New England Tradition" on Saturday April 28, 2007 as we journey to beautiful Nantucket Island. Spring isn't far behind once the daffodils begin to appear. This tour features round trip transportation and the boat shuttle to and from Nantucket Island. Enjoy the Daffodil Parade, visit the Antique Cars and shop for arts and crafts of local artisans. A tour of the island is included. Deluxe DVD/VCR equipped motorcoach will depart from the Recreation Center at 6 AM and return at approximately 8 PM. **FEE: \$99**

**AMERICAN GIRL PLACE NEW YORK CITY:** Mothers, grandmothers, aunts, and daughters enjoy a magical experience with the American Girls dolls on Saturday May 19, 2007. Luxury motorcoach departs from the Recreation Center at 6 AM and returns at approximately 10 PM. Excursion includes lunch, a show and more! This trip is most appropriate for children 6 years and older. The fee is per person. **FEE: \$139**

**BLOCK ISLAND:** Board the Block Island Ferry on Saturday June 9, 2007 for a 1-hour journey to Point Judith. Enjoy a narrated tour of this beautiful and quaint island. Lunch at the National Hotel is included. Deluxe DVD/VCR equipped motorcoach will depart from the Recreation Center at 7 AM and return at approximately 6 PM. **FEE: \$85**

**BOSTON RED SOX:** Take me out to the Ball Park! Family fun is the name of the game as we travel to FAMOUS FENWAY PARK to cheer on our home team. All children must be accompanied by an adult. The fee includes transportation and admission. Seating is in the bleacher section. Bust will depart from the Recreation Center. The fee, date, times and opposing team will be announced in early spring. **FEE: \$TBD**

## **SPECIAL PROGRAMS**

**MOMS MORNING OUT:** You don't have to be a mom to enjoy the company of your neighbors throughout the community on Tuesdays and Thursdays from 11 AM – 1:00 PM. Bring your craft in progress and work towards completion. Whether you are a knitter, quilter or scrapbooker at heart, this is your time to relax and enjoy your craft and good company. Pack a snack or bring your lunch! **FEE: Free**

**BALLOON ANIMALS:** By popular demand! A multitude of parents enjoying the Family Fun Day requested a class on how to make balloon animals. Did you ever want to learn how to make balloon animals, hats and accessories? This is the class for you! Learn and master the art of balloon sculpting on Wednesday October 18 at 9AM! Participation includes a balloon sculpting kit containing an inflator and balloons. **FEE: \$20**

**MASSACHUSETTS BOATING SAFETY COURSE:** BOAT MASSACHUSETTS is a state and nationally approved boating safety course geared to the young and novice boater. Topics covered include basic boat designs, equipment and operation requirements, navigation rules, boat handling tips, and dealing with accidents. All graduates receive a diploma and Safety Certificate. A state and nationally approved course such as BOAT MASSACHUSETTS is required for youth 12 through 15 who operate a boat without adult supervision, and for 16 & 17 year old who want to operate a PWC. The Commonwealth of Massachusetts Department of Environmental Police, a division of the Executive Office of Environmental Affairs, instructs this course for boaters who are at least 10 years of age through adults. Family participation is encouraged. The course consists of a total of 10 hours of instruction. Classes are held on Monday and Wednesday evenings from 6:30–8:30 PM. Registration is required. There is no registration fee as the course is “taxpayer funded”.  
Course start dates: October 16, 2006 and April 2, 2007 **FEE: Free**

**CANINE COLLEGE:** Happy Dog Trainers will offer 5-week Dog Obedience Classes for dogs who are at least 3 months old and their adult owners. Vaccination certification is required. **FEE: \$110**

Good Manners for Beginners	Thursday	6:30 PM	Start Dates:	9/28/06-1/18/07-5/10/07
Obedience With Distractions	Thursdays	7:30 PM	Start Dates:	9/28/06-1/18/07
Good Manners for Beginners	Saturdays	11:30 AM	Start Dates:	9/30/06-1/27/07-3/24/07-5/19/07
Obedience with Distractions	Thursdays	6:30 PM	Start Dates:	11/9/06-3/8/07-6/21/07
Good Manners for Beginners	Thursdays	7:30 PM	Start Dates:	11/9/06-3/8/07-6/21/07
Obedience With Distractions	Saturdays	11:30 AM	Start Dates:	11/18/06
Agility Obedience	Thursdays	7:30 PM	Start Dates:	5//10/07

**RAD:** The Rape Aggression Defense course is for women only. The 12-hour program with Kris Phillips teaches self-defense and awareness. December 4-6-11-13 March 19-21-26-28 **FEE: \$TBD**

**AMERICAN HEART ASSOCIATION CPR:** This course is designed for the responder who requires a credential card documenting successful CPR course completion. The certification program covers adult, child and infant Cardio Pulmonary Resuscitation. The registration fee includes new text and 2-year certification card. Instructor: Kris Phillips October 17&19 and May 1&3 @ 5–8 PM / October 14 @ 8 AM–1 PM **FEE: \$45**

**AMERICAN HEART ASSOCIATION CPR FOR FRIENDS & FAMILIES:** This is a course that covers adult, child and infant Cardio Pulmonary Resuscitation. The program is appropriate for the person who wants to take a CPR class, but does not need a credential card. A book and certificate of participation is included. Instructor: Kris Phillips Thursday February 8, 2007 **FEE: \$35**

**AMERICAN HEART ASSOCIATION FIRST AID:** Learn what to do in everyday emergencies and receive a 2-year certification. This class covers infant, child and adult emergencies. **FEE: \$40**  
Instructor: Kris Phillips October 23 & 25, 2006 @ 5 – 8 PM and Saturday October 14 @ 1 – 6 PM

## **R. A. F. T.**

### **Recreation Activities For Teens**

**PAINTBALL ADVENTURES:** Enjoy a day of fun and excitement at Cape Cod Paintball in Bourne. Imagine a day hanging out with your friends and the fun you will have going with and against them. Registration fee includes transportation, field fee, full rental – mask, Marker (Model 98 Tippman), 200 rounds of paint and all day air refills. Field paint only! Only paintballs purchased at CCPB are allowed. Additional paintballs are available for purchase at a cost of \$40 per ½ case of 1000 rounds or \$65 per full case of 2000 rounds. Pack a lunch and extra beverages for this all day event. Bus leaves from the Recreation Center at 9AM and returns at approximately 5:30PM. Dates: Saturdays October 28, 2006 and June 2, 2007. **FEE: \$60**

**CANOBIE LAKE PARK:** Teens take time for fun on Friday June 22, 2007. Bus will depart from the Recreation Center at 10:30 AM and return at approximately 9:30 PM. An adult must accompany all children under 13 years of age. Fee includes transportation and admission. **FEE: \$49**

**WATER COUNTRY:** Enjoy a wet and wild day on Saturday June 30, 2007. Bus will depart from the Recreation Center at 9:30 AM and return at approximately 8:30 PM. An adult must accompany all children under 13 years of age. Fee includes transportation and admission. **FEE: \$49**

### **ADVENTURE PROGRAMS**

**ON THE ROCKS:** Top roping is the easiest form of rock climbing and completely SAFE! You will climb and rappel with confidence as you are safely belayed by a professional guide from the South Shore Center for Outdoor Education in this 2-session program held at the Quarry Hills in Quincy. Boys & girls ages 8 years and older are invited to participate. All equipment is provided. The fee is per session. **FEE: \$75**

Fall	Tuesday	3:30-5:30 PM	10/3 & 10/06	Inclement weather make-up	10/17/06
Spring I	Tuesday	3:30-5:30 PM	5/1 & 8/07	Inclement weather make-up	5/15/07
Spring II	Tuesday	3:30-5:30 PM	6/5 & 12/07	Inclement weather make-up	6/19/07

**TARGET ARCHERY:** Students learn archery skills with the emphasis on safety and friendly competition. Archers of all sizes and skill levels can learn to shoot with an easy to draw compound bow. NADA certified instructors from the South Shore Center for Outdoor Education will teach this 3-session program. Boys & girls ages 8 years and older are invited to participate. All equipment is provided. The fee is per session. **FEE: \$50**

Fall	Wednesday	4:00-5:00 PM	10/4-11-18/06	Inclement weather make-up	10/25/06
Spring I	Wednesday	4:00-5:00 PM	5/2-9-16/07	Inclement weather make-up	5/23/07
Spring II	Wednesday	4:00-5:00 PM	6/6-13-20/07	Inclement weather make-up	6/27/07

**CANOEING:** Learn the skills necessary to set out on the local waterways safely and with confidence and understanding of basic paddling techniques in this 3-week program. American Canoe Association Certified Instructors from the South Shore Center for Outdoor Education will offer instruction including but not limited to loading your canoe, basic strokes, personal floatation devices, safety, proper planning and self rescue techniques. Boys & girls 10 years and older are invited to participate. The location is TBD. **FEE: \$75**

Spring	Thursday	4:00-6:00 PM	5/31 – 6/7-14/07	Inclement weather make-up	6/21/07
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# TOWN OF HINGHAM RECREATION DEPARTMENT

## Community Survey

**The Recreation Commission is seeking the input of the residents to better serve the community.  
Please take a moment to complete the survey on behalf of yourself and your family.**

### CURRENT PROGRAMS & FACILITIES

Participation	Evaluation (lowest 1 – 5 highest)						
Open Recreation	Y	N	1	2	3	4	5
7 <sup>th</sup> & 8 <sup>th</sup> Grade Dances	Y	N	1	2	3	4	5
Ski/Snowboard Trips	Y	N	1	2	3	4	5
Sports Fundamentals	Y	N	1	2	3	4	5
Toddler Playgroup	Y	N	1	2	3	4	5
School Vacation - December	Y	N	1	2	3	4	5
School Vacation – February	Y	N	1	2	3	4	5
School Vacation – April	Y	N	1	2	3	4	5
Dog Obedience Classes	Y	N	1	2	3	4	5
Hatha Yoga	Y	N	1	2	3	4	5
Boot Camp Fitness Training	Y	N	1	2	3	4	5
Cardio-Pump	Y	N	1	2	3	4	5
Egg Hunt	Y	N	1	2	3	4	5
Fitness Room	Y	N	1	2	3	4	5
Fitness Room Babysitting	Y	N	1	2	3	4	5
Mad Dog Spinning	Y	N	1	2	3	4	5
Summer Playground Program	Y	N	1	2	3	4	5
American Red Cross CPR	Y	N	1	2	3	4	5
Do you rent the gymnasium	Y	N	1	2	3	4	5
Do you rent for parties	Y	N	1	2	3	4	5
July 4 <sup>th</sup> Road Race	Y	N	1	2	3	4	5
Current level of programming			1	2	3	4	5
Maintenance of facilities			1	2	3	4	5

### STAFF EVALUATION

Courteous	1	2	3	4	5	Attentive	1	2	3	4	5
Helpful	1	2	3	4	5	Conversant	1	2	3	4	5
Accessible	1	2	3	4	5	Professional	1	2	3	4	5

What do you enjoy most about the Recreation Department?\_\_\_\_\_

\_\_\_\_\_

What would you like to see more of?\_\_\_\_\_

\_\_\_\_\_

Do you feel safe when utilizing the facilities or participating in the programs?\_\_\_\_\_

*Please feel free to contact the Recreation Department to communicate additional information.*

# THANK YOU!

To the following businesses, groups, individuals, Town of Hingham Departments and employees for their generous support of the **48<sup>th</sup> Annual Hingham 4<sup>th</sup> of July Road Race 2006**

## CORPORATE SPONSOR LEVEL - Best Chevrolet

### MARATHON LEVEL (\$1000)

Drohan, Hughes, Tocchio & Morgan, P. C.  
Fruit Center Marketplace  
Rader Properties, Inc.  
South Shore Loam & Mulch  
Boston Private Bank & Trust Company

### 5K LEVEL (\$500)

Curtis Management  
McCusker – Gill, Inc.  
Hingham & Hull Rotary Club  
Wilson Brothers Plumbing & Heating  
Hingham Sports Partnership  
Kahn Youth Wrestling  
Turner Custom Building  
Donovan Writing & Publishing  
Kellem & Kellem  
Watch All Pest Management  
Hingham Institution for Savings  
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Burgin, Platner, Hurley Insurance  
Burke Families  
Rockland Athletics  
SITEC/SITEC Environmental

### 3K LEVEL (\$250)

Hingham Jewelers  
Cold Stone Creamery

### DONOR LEVEL (Under \$100)

Stop & Shop  
Resurrection Parish

### SUPPLIES & SERVICES

Monadnock Spring Water  
Aquarion Water Company  
Pro Sports  
BBI Marketing, Inc.  
Brueggers  
Stop & Shop  
Thomas Auto Body  
Jack Conway Realty

### SPECIAL THANKS

4<sup>th</sup> of July Road Race Fundraising Committee  
Residents of Main Street  
Water Station Volunteers  
C. E. R. T.  
Hingham Recreation Employees  
Board of Selectmen  
Town Administrator  
Town Accountant  
Hingham School Department & parent volunteers  
Hingham Fire Department  
Hingham Police Department  
Hingham Public Works Department

***Thank you to all who registered, ran or in any way contributed to the success of this event and for your continued support of the Hingham Recreation Department.***

## COMMUNITY CONTACTS

Youth Football	John Battaglia	749-5788	Girls Lacrosse	Steve Hickey	740-9021
Youth Soccer	Fouad Alzaibak	749-4495	Gals Softball	Bill Genovese	749-7846
Youth Hockey	Tom Freda	749-6469	Gals Basketball	Russ Heissner	749-2415
Boys Lacrosse	Neil George	749-7075	J. Barker Basketball	John Battaglia	749-5788
Babe Ruth Baseball	Budd Thorne	741-5046	Kahn Youth Wrestling	Dr. Steven Kahn	749-0775
Little League Baseball	Rob Blomberg	749-6643	Community Center	Judy Volungis	749-9786

## COMMUNITY SERVICE OPPORTUNITIES

Interested in fulfilling your community service requirements in a fun and exciting atmosphere?

Consider volunteering for the Recreation Department.

A variety of service opportunities exist. Call now for the best selection of assignments.

## DO YOU HAVE ANY SPECIAL TALENTS & INTERESTS YOU WOULD LIKE TO SHARE WITH THE COMMUNITY?

The Recreation Department is always looking for new program ideas and instructors.

Please contact the Recreation Department if you have an interest in offering a new program.

## GIFT CERTIFICATES ~ ONE SIZE FITS ALL!

The Recreation Department offers gift certificates for programs to accommodate your gift giving needs. Gift certificates are valid for programs held through June 30, 2007.

Dear Fellow Citizen,

It is with great delight that the Hingham Recreation Commission brings you this program brochure. There have been a lot of changes at Hingham Recreation over the past year and we look forward to moving ahead this coming year. We recognize that recreation and leisure services are important for residents of all ages, interests and abilities. This brochure attests that we are dedicated to bringing all of Hingham's citizens an expanding and diverse menu of fun for everyone by "Recreating Recreation."

We have expanded our program offerings for both youth and adult participants. Our new offerings include:

Adventure: Rock Climbing – Archery – Canoeing – Paintball

Youth: Calligraphy – One Stroke Painting – American Sign Language – Babysitter Training - Chess – Fitness

Special Events: Halloween Parties – Parents Day Out for Holiday Shopping – Fishing Derby – Christmas in the Square

Excursions: Freeport – Newport – New York – Roger Williams Park Zoo – Nantucket – Block Island - Red Sox – Water Country – Canobie Lake Park - Secrets of Salem Scavenger Hunt - Middle School holiday shopping @ the Emerald Square Mall & Early Release Day trips for Roller Skating, Ice Skating and Bowling

Saturday Super Sports: Beach Volley Ball – Basketball – Ultimate Frisbee – Flag Football – Tennis Baseball – Sports Time & Sports Skills

In addition, 7<sup>th</sup> & 8<sup>th</sup> grade dances will be held monthly. New this year will be monthly Friday Night Lights for 6<sup>th</sup> graders and additional Open Rec evenings for 4<sup>th</sup> & 5<sup>th</sup> Graders with our newly created "45 Club". This expansion will allow for the youth in our community the ability to socialize in a safe and fun environment.

It is our intention that your opportunities to enjoy the Hingham Recreation Department will continue to grow. To be sure we are meeting your interests, a survey has been included with this brochure. Each member of the Commission looks forward to hearing from you. Please take a few moments to complete the survey and let us know what you think. Surveys can be returned by mail, or better yet, stop by our office located in the Recreation Center at Town Hall and say hello! The Recreation Commission meets on the first Tuesday of each month. Your input is always welcome.

We've enjoyed a great summer playground program for over 750 children, initiated a youth tennis program and ended the summer with an energetic new dance clinic. We also celebrated the 48<sup>th</sup> Annual Hingham July 4<sup>th</sup> Road Race. We want to thank everyone who has supported these programs and look forward to seeing you at one or more of these great events and programs in the months ahead.

Sincerely,

Tom Campbell, Chairman  
Hingham Recreation Commission.